

SPECIAL EDITION SPORTS NEWSLETTER

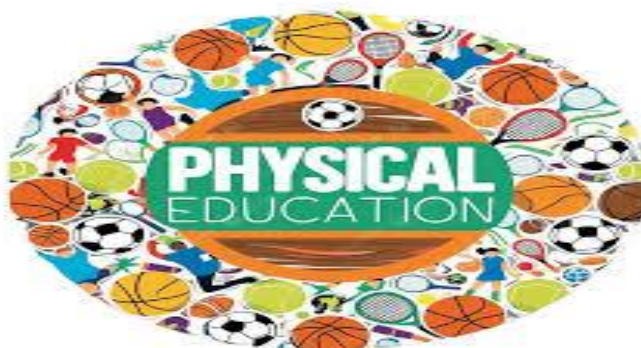


Welcome to our PE newsletter, displaying some of the amazing sporting events we have had. We teach PE to promote physical skills such as movement, coordination, manipulation strength, speed and grace but also embedded in the PE curriculum, we teach teamwork, wellbeing and life skills.

"A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect."

We try to provide the children with a varied curriculum which allows progression throughout the school and time to play and experience a variety of sports. We hope by doing this, it will inspire and encourage children to take up sports as hobbies outside school as well as the clubs we provide.

Throughout the week, children have the opportunity to take part in 2 x physical activities with a 45-55 minute PE lesson with their teacher or a specialist coach in their year group as well as 2 x 15 minute Daily Mile sessions a week. Throughout the year, there will also be many sporting events in school and out, which your child may be selected to take part in, as well as Sports Day which is for the whole community.



Rights Respecting School

PE is about more than just fitness and competition. It is a powerful space where we bring the values of **UNICEF's Rights Respecting Schools Award (RRSA)** to life every single day.

By linking our sports programmes directly to the UN Convention on the Rights of the Child, we ensure that every pupil feels safe, valued, and empowered. The RRSA framework transforms our playing fields and sports halls into environments where children not just learn games but they actively learn their rights to health, play, safety, and expression.

Here is how we embed these vital rights into our weekly PE sessions:

- **Inclusivity First (Article 31):** We design games so every child can fully participate and enjoy their right to play.
- **Wellbeing Focus (Article 24):** Our lessons target both physical health and mental wellbeing to support the whole child.
- **Student Voice (Article 12):** Pupils actively shape our sports programmes by choosing activities and leading warm-ups.
- **Safe Spaces (Articles 19 & 34):** We strictly enforce UNICEF's International Safeguards to ensure a secure, respectful environment for all.



31

REST, PLAY,
CULTURE, ARTS

Children have the right to rest, leisure, play, and participation in cultural and recreational activities. Schools that promote sport through RRSA honour this right by ensuring all pupils can take part in games and physical activity in an inclusive and enjoyable way.

Sport plays a major role in promoting physical and mental health, which is a central focus of the Rights Respecting ethos. RRSA schools often link this to wellbeing initiatives such as Active Schools and working with outside agencies (e.g., NSPCC's PANTS campaign).



24

HEALTH,
WATER, FOOD,
ENVIRONMENT



12

RESPECT FOR
CHILDREN'S VIEWS

Children have the right to give their opinions and have them considered in decisions that affect them, including school sports activities. Rights Respecting Schools create opportunities for students to influence sporting programmes and events, promoting active participation.

ENRICHMENT

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

OUR KEY PRINCIPLES

Our children will:

- receive an hour of high-quality PE lessons each week
- take part in The Daily Mile 3 x a week
- be active for as much of each session as possible (teachers will carefully plan activities and routines to make the most of the time available)
- have access to a sufficient quality and quantity of PE equipment
- evaluate their own work and the work of other children, supporting and encouraging each other to succeed and to make progress within and across lessons and activities
- have the opportunity both to collaborate with and compete against each other
- develop confidence and competence across a range of activities and skills and an understanding of how to succeed in a range of physical activities



THE DAILY MILE

Up to three times a week the children take part in The Daily Mile challenge to keep fit and healthy. The Daily Mile is a great opportunity for the children to get some fresh air and take a brain break. Fitness is so important is linked to good wellbeing, resilience and self-care.

CYCLE TO SCHOOL WEEK

13th – 17th October was 'Cycle to School Week', so we challenged you to skip the car and get on your bikes and scooters to be kinder to the planet and yourselves!

By skipping the car you are bettering your health, helping your school and the planet. Whilst we have already made our school a no car zone between key points of the day, by cycling or scooting to school we are cutting emissions on the school road and making it safer for everyone.

We would like to say a huge thank you to everyone who took part and supported the school pledge.



BIKE ABILITY

On the 2nd -6th February, some of Y5 had the fantastic opportunity to partake in Bike Ability to take part in a Level 1&2 course. Throughout the week, two coaches delivered a fantastic training scheme, where the children got out on their bikes to grow more confident with each turn of the pedal. Thank you to the instructors, for giving our children some new learning, to be safer on the roads.

'I have really enjoyed the coaches because they're really friendly, patient and kind with us. And it's so fun!' Anna.

'I really enjoyed playing the game 'split and snake'. It was a fun way to improve out cycling skills!' Zachary.

BUNNY HOP 2026

Last years 'Bunny Hop', raising money for St Christophers Hospice, was a huge success, so when they approached us, this year asking if we would like to get involved again and take part in a campaign to raise awareness, we were all in! Raising money for charity is important and part of our schools' values and this particular charity holds a special place in many of our community members hearts. St Christophers Hospice rely on our donations to keep their care and support going, for many in the community so we knew we had to do our bit.

As PE lead, I am always looking at new ways to keep the children active and outside. Bunny hopping is a great way to keep fit and healthy, so incorporating the bunny hop into our daily mile, to support the charity again seemed the perfect idea. On the last week of the spring term, each year group took to the daily mile track, wearing their bunny ears, to show support, to run, hop, skip and dance their way around the track to raise money for the charity.

Tuesday 24th March, we were also joined by staff from St Christophers Hospice and a camera crew, who took some wonderful photographs of Y4 completing their Bunny Hop, to raise the profile of the Hop, so that other schools can get involved to such a special charity.

Ariana - 'I enjoyed the bunny hop and loved the ears! I especially liked how everyone was included and involved in a fun way. I really hope we have raised enough for St Christopher's Hospice.'

Leonard - 'I think it was a fantastic experience and I'm really happy I can make a change to help others. My favourite part was jumping around the daily mile circuit with the bunny ears. All in all, I think it was really nice that the people took the time to do this with us. I hope St Christopher's Hospice find us a big help.'

Ella (Iona - Y3) 'I liked the Bunny Hop because it was fun and an enjoyable way to raise money for charity. I like that we got something to keep the bunny ears over the Easter Holidays!'

If you have not yet read the article published by St Christophers Hospice, you can find it here:

<https://london-post.co.uk/local-south-east-london-school-support-st-christophers-hospice-in-community-bunny-hop-fundraiser/>

Local South East London School Support St Christopher's Hospice in Community Bunny Hop Fundraiser

By Ldn-Post · March 24, 2026 · 0



JOE WICKS & THE BBC

We are always looking at new ways to get children active and talking about sports. I am always keen to enter any competition to raise awareness about sports, whether it be getting a company in to run some sessions or free sporting equipment. So, when I saw a competition with the BBC to have a session with Joe Wicks, I knew this couldn't be missed! After entering, we were thrilled to hear we had won – luck was really on our side!

On Thursday 25th September the children had a 'surprise' visit from the one and only Joe Wicks 'The Body Coach'. The morning consisted of a workout with Joe Wicks doing a variety of star jumps, lunges, burpees and side stepping before a Q&A with him. Joe said to the children "It is good to have goals and challenges and I enjoy this". After all the excitement of the workout and Q&A, we ended with Joe cutting the ribbon for our new cage and officially opening it, followed by some photos with the children and staff.

"I loved meeting Joe Wicks. The exercise made me feel so much better especially after the squats. I feel more motivated to do more exercise now I have met Joe Wicks. It was fun doing Joe Wicks exercise during lockdown when it was a scary time - he really helped me!" - Henrik

"It was so fun to have him here in person like actually here and not on the screen, we got to have a workout with him - it was so cool!" - Leon C

"I really liked that everyone got to be energetic outside as a school, it was really fun. Joe was so nice and full of energy - fitness is healthy and makes you better so it was great" - Avanti

"I really liked the exercises they were cool and there were some I had never tried before. Joe gave me a high five which made me feel good" - Jasper

"Joe was friendly, inspiring and he made everyone feel included. This has been a fantastic opportunity for our school as it gives them a good role model who promotes exercise and a healthy lifestyle" - Mrs Nichol (Headteacher)



Y3 MILLWALL TRIP

On Monday 9th February, Y3 went to Millwall Community Trust to have some fun and develop their football skills. At the end of the matches, all children received a medal, wristband and a certificate of their choice for either being ambitious, being inspiring, being connected or being fair. A huge thank you to our parent volunteers for taking time out of their busy schedule to accompany.

I liked the practicing of defending and passing. It was great to focus on different topics. I picked an inspiring certificate because I was told I was playing well - Max

I liked that we got to practice dribbling and different tactics. I think I showed I was inspiring because I am good at football - Archie



Y3 & 4 NEW AGE KURLING

Monday 19th January, 6 Y3 & 4 children went to Bonus Pastor to take part in a New Age Kurling tournament. After playing all the schools we made it through to the final and ended up coming second out of fourteen schools! All the children got a taster session of New Age Kurling and I hope some of them continue this sport in the future.

"Kurling was fun & I would love to do it again"
- Jack.

"I think it was great and I improved massively"
- Saskia.

"I would like to play again and I feel proud of how well we did" - Habib.



Y5 HOCKEY

Friday 8th May, 9 Y5 children went to St Dunstons for a hockey tournament. We played 3 games winning 2 and losing one resulting in us going through to play for 3rd and 4th place. All the children showed excellent teamwork, adaptivity and resilience and I am so proud of them! After a strong game we finished 4th out of 9 schools!

"I love hockey as there's a lot of teamwork and it's a good tournament also for people who haven't played before to start" - Abigail

"I have enjoyed being part of a team, playing against other schools and meeting new people" -



U9 GIRLS FOOTBALL – REPRESENTING LEWISHAM

The Y4 girls team took a trip to the Redbridge centre in Ilford to represent Lewisham in the districts cup. We played 5 games in the first round; winning 2, drawing 1 and losing one. It was a close call and the girls showed good teamwork, dedication and skill but they just missed out on the final on goal difference. A huge thank you to Coach Ben & Coach Theo for taking time out of their day off to come and support the girls.

"I enjoy the interaction and playing with my friends. It has been great to enjoy the day and it didn't matter if we won or lost it was being out and playing that was important." - Ruby

I loved playing football and regaining my strength in the breaks with a snack. I scored a goal and I felt very proud." - Ariana

"I love playing football and I think we all tried really hard. I scored a goal and was very happy that I helped my team." - Leonor

Y4 GIRLS FOOTBALL

Tuesday 23rd September the Y4 girls played in the Y4 Girls tournament at St Dunstan's as part of the Lewisham Games partnership.

We played 7 games in total and only let 1 goal in altogether!!! The girls showed excellent teamwork, sportsmanship and skills, Coach Ben & Miss Curtis are so proud of them.

We now have taken home the shield for the year and hope to keep our title next year - well done Stillness Juniors !

"This is the first time all the girls have played together so I am so proud of their hard work and formation" - Coach Ben

"I enjoyed playing today , it was very nerve wracking but I enjoyed it and working as a team" – Flora.

Y3/4 BOYS FOOTBALL

Wednesday 10th October, it was a masterclass in team tactics by Coach Ben and Coach Theo in the Y3/4 boys football tournament at St Dunstan's. The boys were outstanding and sailed through the group stage unbeaten. With a late minute winner in extra time in the semi-finals, they played Torridon in the final. They battled until the end but, sadly, it wasn't to be our day and we lost 5-2.

A huge well done to all the boys for their excellent team spirit and teamwork and lastly to Coach Ben, Coach Theo & Mrs. Threadgold for accompanying the boys.



Y6 GIRLS WORLD CUP

Our girls' football team won the Lewisham Girls' World Cup 2026 on Friday, 3rd July. Nine of our students competed against nine local schools, finishing the tournament completely undefeated.

The Road to the Trophy:

- **Group Stage:** Unbeaten with two wins and two draws.
- **Tie-Breaker:** Won a penalty shootout against Torridon.
- **Semi-Final:** Won a second penalty shootout after a 0-0 draw.
- **The Final:** Beat Turnham School with an extra-time goal.

Congratulations to our invincible champions for bringing the tournament shield home!



Y4 RUGBY FESTIVAL

On Tuesday 21st April, 24 children across Sevenoaks and Ivy attended the Blackheath Rugby tournament. Having worked very hard in their rugby sessions during the spring term, it was high time that they put these skills to the test! On arriving, there was a buzz of excitement from all the children, including our two parent helpers (Mr Porter and Mr Fortnum) as we were reminded of the ethos of rugby - T.R.E.D.S: teamwork, respect, effort, discipline, sportsmanship. As the warm up exercises drew to a close, our message was clear: GO STILLNESS! The children played brilliantly against 5 competing schools: working well within their teams, cheering each other on and using the core values of Stillness throughout the day. Oh yes! Did I mention that Stillness won the Year 4 cup? GO STILLNESS!!! A great day was had by all; we hope we can participate in more events like this in the future.

Dora: "It was really fun because I really liked the sport and I was able to compete with my friends. I really hope that we get to go again."

Zach: "It was amazing because our team actually won the Year 4 cup! I think we also showed really good sportsmanship."

Marlowe: "It was super-fun - loved it! We got to miss a whole day of school playing rugby which is one of my favourite sports. I loved playing defence and tagging people."

Zoe: "I enjoyed playing against other schools and using my rugby skills in an actual tournament."



Triathlon

Wednesday 1st July, Y5 went to St Dunstan's for a triathlon and got to meet Alex Yee! All children who took part received a medal and a t-shirt.

Triathlon are beneficial for children, as they promote holistic physical fitness, build resilience, and prevent sports burnout. By combining swimming, cycling, and running, children engage different muscle groups, lower the risk of repetitive strain injuries, while learning how to set and achieve goals.

"I really liked riding a bike and running – it epic!" – Edmund

"We took part in swimming, running and cycling as part of a triathlon which was really cool. At the end we were given a snack and a medal." – Ella.

MINI MARATHON

Saturday 25th April 2026, 14 of our brave Y6 ran the mini marathon along with Miss Curtis and Mrs Threadgold. It was a beautiful day and all the children showed determination, drive and also team spirit, pairing up to motivate each other.

"The mini-London Marathon was an AMAZING experience, exhausting but outstanding. 15 children from Y6(including us) ran 2.6k on Saturday the 25th of April 2026. Almost 20,000 children and young people ran. There were sooo many celebrities such as Nitro and Fury from Gladiators (we're BIG fans) and Joe Wicks who visited our school only last year. After this special experience we were proud, tired and mostly so grateful for this magnificent opportunity. This is one of our exact medals." - Iliana and Darcey

"The mini marathon was a really enjoyable experience. I would recommend it. Everyone around you was supportive and it didn't even matter if you were a slow runner. It was nice to hear the sound of the parents cheering you on and all the staff were very supportive. Even if you don't like running, I think you would still like it as much as I did. I would definitely go again." - Connie

"The mini marathon was one of the best things I could do in year six. It was amazing and to do it with my friends was the best. Alongside me was Addy, and it was great to have a companion by my side. I finished in 14 minutes and 13 seconds, a time I was proud of." - Gabriel

"I didn't really want to go at first, and I found the atmosphere very overwhelming at the beginning, but I went to the Sensory Tent and I wore some noise-cancelling headphones and they let me borrow a fidget for the run. It was actually better than I thought it would be, because running with people I don't normally interact with was very fun. I would recommend it even if you don't want to do it at first, because it is very fun and you will almost definitely change your mind!" - Holly

"I personally thought that the mini marathon was one of the best experiences of this school year so far, I very much enjoyed running side-by-side with Leon C we ran a long side each other for 2.6k/2 miles." - Isaac M

"Running the mini marathon was one of the best experiences of this year for me. To do it with all of my friends was extremely fun while I ran alongside Isaac Mortimer finishing the 2.6km race in just over 13mins. We all had an amazing time and I would hope to do this event again in secondary school." - Leon

"The mini marathon was a very positive environment because everyone was very supportive and it felt like even if you walked the whole way everyone would be cheering you on. I was very delighted about being picked and I loved every second of it! We even met Joe Wicks again and he was so sweet. Also, some of us were on the BBC! I would definitely want to do it again. Thank you to everyone who came, you truly were very supportive!" - Stanley



PE: SPECIALIST COACHES

'HW SCHOOOL SKILLS' SPORTS COACHES

This year, we have been lucky enough to secure sports coaches, who teach alongside the teacher once a week. They have been teaching a variety of fun, progressive, inclusive lessons throughout the year and getting all the children involved in sports!



Physical Education

Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Dance/Gymnastics	Football	Dodgeball	Circuit Training	Athletics: Fundamentals	Hockey
Year 4	Gymnastics: Movement	Invasion Games	Tag Rugby	Badminton	Athletics	Yoga
Year 5	Handball	Basketball	Cricket	Swimming Rounders	Athletics	OAA (Outdoor and adventurous activities)
Year 6	Football	Circuit Training	Tennis	Netball	Athletics: Track & Field	Volleyball



TOTTENHAM FOOTBALL COACHES

This year the whole school had a one-off football lesson with some of the wonderful Tottenham Coaches. We have been working with this team for the past 4 years now and we love how inclusive, skilled and driven, they are. This is a great opportunity for the children to show off what they already know and work on some of the key skills needed to be an excellent footballer!



BLACKHEATH RUGBY

Y4 & 6 took part in a 5-week tag rugby training session with some Blackheath rugby coaches. This was non-contact rugby and a great opportunity for the children to develop their skills or even develop an interest for a new sport.

Tag rugby is a fun, non-contact version of rugby where players wear shorts with Velcro tags, and instead of tackling, defenders "tag" the ball carrier by pulling off one of their tags to stop play.



KINGS COLLEGE RFC PIRATES – RUGBY

Y5 & 6 loved their taster rugby session back in September from the Kings College RFC Pirates. The children were able to get a taste for a new sport or a sport they had not had the opportunity to play much before. A huge thank you to the coaches for taking the time to come down and teach the children some new skills as well as recruiting some new members for their club.

KENT CRICKET

In the Autumn term, we were lucky enough to get a 5-week free cricket block for Y3 & 5. During these 5 weeks, the children played a variety of games to learn the key skills needed in cricket and had some key lessons on the cricket fundamentals. The children absolutely loved it so a huge thank you to Asher from Kent Cricket for providing fun, engaging and skilled sessions!

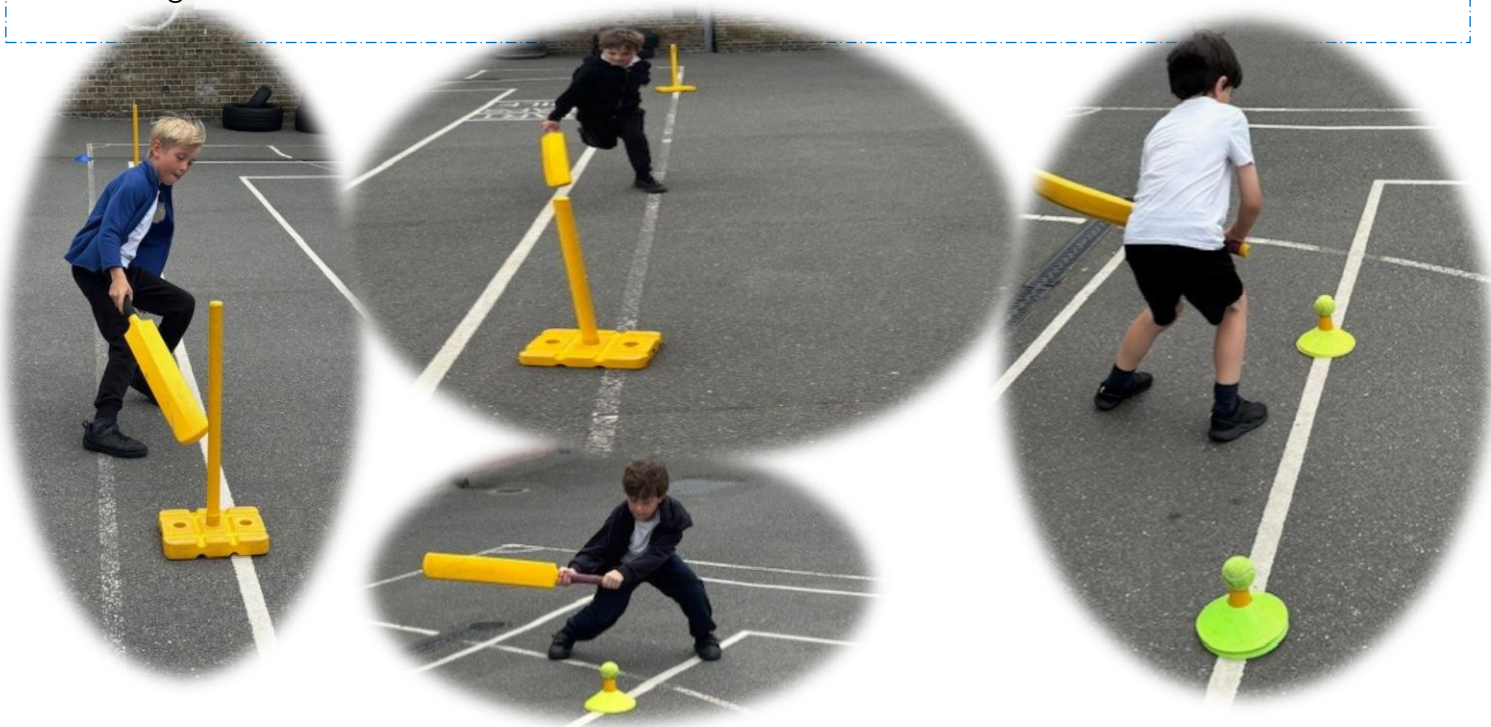


Y3 & Y5 KENT CRICKET DAY

Wednesday 20th May, Y3 & 5 took part in some cricket tournaments to showcase the skills they had learnt in the autumn term.

Y3- Rapid Fire Competition in houses – The winning team got a signed match ball by the coach and everyone received a certificate of achievement.

Y5- 4 Bats Challenge – Each class is split into 2 teams, with the most runs till the end of the session wins the signed match ball!



OTHER NEWS

STEPS FOR STILLNESS

Sunday 17th May marked our 2026 Steps for Stillness event, which has been designed for the whole community and a great opportunity for everyone to come together to raise some money for the school. The weather was on our side and it was a wonderful turn out with lots of children, parents, grandparents and siblings running around for a good cause. A huge thank you to the PTA for organizing and to everyone who came.



SCHOOL GAMES AWARD

This year we have achieved the Gold School Games Mark award for our commitment, engagement in the School Games for 2025/26.

We have worked hard this year to provide a variety of enrichment opportunities for the children and are thrilled this has been recognized by Lewisham.



FOOTBALL CAGE NAMING

We have been lucky enough, thanks to the PTA, to get some funding from Alex Yee, where we were able to get astro turf for the cage, so that it was a safer environment for everyone. After the cage had been turfed, we held an election, where every child got to vote for a name for the cage. It was then revealed early autumn term that the cage would be called The Astro Arena.

A huge thank you to everyone involved in giving us a safe, fun environment for the children to play sports and other activities during opal.

FOOTBALL SEASON 25/2026 REVIEW



This season we proudly ran five teams (Y4 Boys, Y5 Boys, Y6 Boys, Y4 & 5 Girls, Y6 Girls)

The Y4 boys had an outstanding season, winning the league unbeaten and finishing as runners-up in the cup final after a hard-fought 2-0 defeat.

An incredible effort from a team that gave absolutely everything all season.

The Y5 boys had a challenging year in a very tight league. While results did not always go their way, they kept battling right until the end and only just missed out on a cup semi-final place.

The Y6 boys finished joint second in the league but ended up third on goal difference – proof that every goal really does matter! They also exited the cup at the group stage, but the effort and commitment from the squad never dropped all season.

The Y4 & 5 girls made history by winning a brand-new league in their very first season together — and they did it unbeaten! A fantastic achievement from a brilliant group of players. Sadly, there was no cup competition for them this year, although we are fairly sure they would have fancied their chances!

The Y6 Girls also enjoyed a fantastic season, finishing second in the league and winning the cup competition with a brilliant 1-0 victory in a very tight final. They too completed the entire season unbeaten – not bad at all!

We are incredibly proud of our girls' teams and everything they have achieved this season. Their attitude, teamwork and commitment have been exceptional, and they have been an absolute pleasure to coach; their success is fully deserved.

Girls' football is thriving at here, with nearly 50 girls now attending our girls only football club on Mondays. The enthusiasm and passion around the game has been amazing to see.

It is fair to say the girls have slightly outshone the boys this season – and we are sure the boys will not get tired of hearing about that any time soon!

We will continue to promote girls' football at every opportunity because they are flying the flag for the school and going from strength to strength.

For the boys, football can sometimes teach its biggest lessons through defeat. Losing can build character, resilience and determination – and every great player has had tough seasons along the way.

Trials for next season are currently ongoing, so good luck to everyone involved — keep working hard, keep improving and most importantly keep enjoying your football.

As former player Patrice Evra has said many times:

"I love this game."

See you next season.

Coach Ben



FOOTBALL PRESENTATION

Tuesday 30th June marked the annual football presentation celebration, which this year was held at our school. It was a fantastic evening celebrating all the football achievement from the year. Well done to all the teams and a huge thank you to Coach Ben and Coach Theo for always believing in us.

Go teams Stillness!



SPORTS DAY

This year's Sports Day was held on Monday 18th for Y3/4. As always, the tug of war was a huge favourite with both children and parents (no rope was broken this time!) and the hurdles was a favourite this year from the older children! These activities show off a variety of skills from team-work, stamina, eye coordination, foot coordination and agility.

It was a fantastic turnout from both children and parents and a wonderful way to celebrate sporting achievements and for the children to show off their athletic skills they have learnt this year and across the years. The children took part in 6 different activities where they could showcase some of the skills, they have learnt in KS2.

Sadly, the unpredictable british weather meant we had to cancel the scheduled event for Y 5 and 6. However, we did not let the rain stop us! The children still held their own Sports Day during their regular PE lessons, ensuring that everyone still got to take part, compete, and enjoy all the activities. To recognise all achievement, there were stickers and medals for winners and we also gave out some certificates for showing good teamwork, determination and sporting spirit.

A huge well done to all the children who took part and thank you for the parents for coming down for a lovely family event. Thank you to the PTA for providing watermelon for the children and we look forward to seeing you again next year.

"I really liked Sports Day as I loved taking part in all the different activities – especially Javelin" – Maxine

"I really liked it because I got to the quarter finals in running" -Rauf

"I really enjoyed running because it is nice to feel good at it. I feel happy when I run. My nana came and watched me and it made me excited" – Gabriel

"When we did the races, we were all excited about as we had a chance to get through to the final. Sports Day is good for your body as it helps keep you fit and being outside gives you vitamin D" – Evie

" Sports Day is good because I get to do lots of sports. My favourite activities where the running race and javelin." – Archie

"I thought sports day was pretty good. It helped me get a lot of energy and I liked the rotation of events. My favourite event was the tug of war as there were lots of opportunities to compete against different houses and with the parents doing it too." – Joshua

"I loved sports day, especially the tug of war because it was flabbergasting. I was surprised that my house did so well. I give it 10 out of 10 as there was a variety of different events." – Nahla

"I really enjoyed sports day because it didn't feel too competitive. It felt like everybody was just having fun participating in a variety of events. I give it a 10 out of 10, especially when the teachers and parents for involved too." – Bella

Y3 & 4 SPORTS DAY



PUPIL VOICE

I love PE as you get to go outside and do fun activities.

Doing PE allows me to squeeze out my stress and release my energy. It is great at giving me a challenge and working with my friends.

Doing PE makes you fit and stronger and is good for your energy

I love Sports as you get to move about a lot and get some fresh air.

my favourite thing about my PE lessons is playing dodgeball

It keeps you fit which is vital for your health and it is super fun – I love it!!!

Exercise is important for your mental health as it can squeeze worries out of you and gets you fresh for more learning.

Sports make me have happy feelings.

It's important because you get vitamin D and it's good for your bones

I love that my parents come to Sports Day, we get stickers

AFTER SCHOOL PROVISION



Teachsport offer a before and after school provision. During this time, children can take part in a number of sports if they wish. Timings and prices are as follows:

- Breakfast Club: 7.45-8.55am – £5.00
- After School Activity Clubs: 3.15-4.30pm – £4.00
- After School Care: Short session: 3.15-4.30pm – £4.00
- After School Care: Extra time: 4.30-6pm
- After School Care: Long session: 3.15-6pm To book a place for your child, please go to: <https://www.teachsport.org/TSc4k/lewisham>

Teachsport are Ofsted registered and were found to meet all standards in their recent inspection. They accept Childcare Vouchers, Tax Free Childcare Vouchers and card payments. You will need to set up an account on Magic Booking before you make your first booking. Please email us at clubs@teachsport.org if you need any assistance at all.

ADDITIONAL CLUBS

Monday – Yoga and Movement Club, Girls Only Football Club

Thursday - Y4 Football Club

Friday –Y5 & Y6 Football Club, Cheerleading & Yoga & Movement Club

Do you teach a local sport in the area and want to raise awareness? Alternatively, would you like to offer a club here at Stillness Juniors, please then email the PE lead at:

Y3@stillnessjs.lewisham.sch.uk



KEEPING FIT

Whilst we provide many sporting activities for the children it is still important to keep fit at home and make use of your surroundings.

If your child would like to take part in a sport then check out some of "Miss Curtis's Favourite Sporting Ideas".

Athletics - Why not head down to the Alex Yee Ladywell Arena

Gymnastics - Why not join Ladywell Gymnastics Club

Equestrian - Dulwich Riding School offers horse riding or take part in own a pony for the day.

Football - Try Little Kickers who hold weekly football coaching at Haberdashers School

Karate - TKI Shotokan Karate provide training in self-defense.

Roller-Skating - Telegraph Hill has a free skate park.

Swimming - Forest Hill Pools have swimming lessons for all ages

Tennis - Hilly Fields and Telegraph have tennis courts available.

Vaulting - Available at Ladywell Gymnastics at Bellingham Leisure Centre

Rugby - Kings College Pirates in Dulwich

Ladywell Youth Club - host lots of different sports for children to try and enjoy

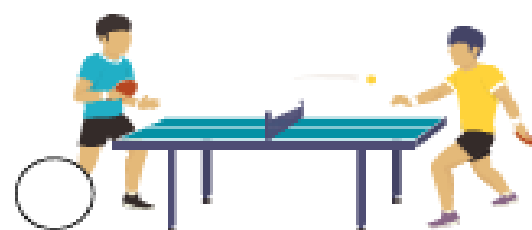
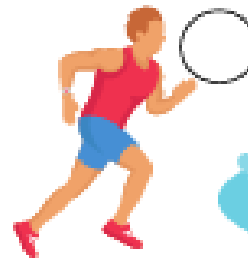
Additional Sports in the area head to: <https://lewisham.gov.uk/myservices/young-people/holiday-programme-food-and-fun>

Blythe Hill - Why not head to a beautiful park and make use of the facilities and equipment there.



Sports

- | | | | |
|----------------|-----------|-----------------|---------------|
| 1.swimming | 4.skiing | 7.rock climbing | 10.volleyball |
| 2.scuba diving | 5.surfing | 8.cycling | 11.badminton |
| 3.table tennis | 6.running | 9.skateboarding | |



M	S	U	R	F	I	N	G	A	A	G	S	N	L
G	V	N	G	R	U	I	T	L	G	S	N	D	A
O	O	E	N	O	B	V	S	E	I	I	O	N	G
G	L	I	I	C	N	S	W	B	C	N	S	N	N
N	L	I	D	K	A	C	I	N	A	N	L	L	I
E	E	G	R	C	S	U	M	S	B	E	L	B	I
I	Y	N	A	L	C	B	M	G	L	T	A	A	K
E	B	I	O	I	O	A	I	N	R	E	B	D	S
I	A	L	B	M	O	D	N	I	N	L	S	M	G
M	L	C	E	B	Y	I	G	N	C	B	G	I	N
C	L	Y	T	I	N	V	S	N	I	A	R	N	V
I	N	C	A	N	O	I	E	U	U	T	O	T	S
C	I	O	K	G	G	N	L	R	L	B	T	O	N
U	N	S	S	B	N	G	W	C	D	I	D	N	N